

Ranch-Style Vegetables

Yield: 4 servings.

This is an official 5 A Day recipe, providing each person served with more than two servings of vegetables.

- You can use any combination of fresh vegetables you have available.
 - 1 cup cauliflower, broken into bite-sized pieces
 - 2 cups broccoli, broken into bite-sized pieces
 - 3/4 cup sliced carrots
 - 1/2 cup sliced celery
 - 1/2 cup chopped onion
 - 1/4 teaspoon dried dill weed
 - 1 1/2 tablespoons lemon juice
 - 2 tablespoons non-fat or reduced-fat ranch-style dressing
1. Fill a 1 1/2 quart microwave-safe dish with vegetables.
 2. Add dill and lemon juice.
 3. Cover and microwave 5 to 8 minutes, stirring every two minutes.
 4. Drain, mix in dressing and serve.

Nutritional Analysis Per Serving:

Calories	49
Dietary Fiber	3 g
Total Fat	0 g
Cholesterol	0 mg
Sodium	112 mg

From: National Cancer Institute

Chicken Stew

Yield: 8 servings. Serving size: 1 piece of chicken

- 8 chicken pieces (breasts or legs)
- 1 cup water
- 2 small garlic cloves, minced
- 1 small onion, chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3 medium tomatoes, chopped
- 1 teaspoon parsley, chopped
- 1/4 cup celery, finely chopped
- 2 medium potatoes, peeled and chopped
- 2 small carrots, chopped
- 2 bay leaves

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.
3. Save leftovers for lunch the next day.

Nutritional Analysis Per Serving:

Calories	206
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	75 mg
Sodium	489 mg
Calcium	32 mg
Iron	2 mg

From: National Heart, Lung and Blood Institute

Rainbow Fruit Salad

Yield: 12 servings. Serving Size: 4 oz cup

Good as a side dish or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat and sodium and is cholesterol free.

- 1 large mango, peeled and diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

Honey orange sauce:

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1-1/2 Tbsp honey
- 1/4 tsp ground ginge
- dash nutmeg

1. Prepare the fruit.
2. Combine all the ingredients for the sauce and mix.
3. Just before serving, pour honey orange sauce over the fruit.

Nutritional Analysis Per Serving:

Calories	96
Total Fat	1 g
Saturated Fat	less than 1 g
Cholesterol	0 mg
Sodium	4 mg

From: National Heart, Lung and Blood
Institute

Good-For-You Cornbread

Makes 10 servings. Serving Size: 1 square

- 1 cup cornmeal
 - 1 cup flour
 - 1/4 cup white sugar
 - 1 tsp baking powder
 - 1 cup buttermilk, 1% fat
 - 1 egg, whole
 - 1/4 cup margarine, regular, tub
 - 1 tsp vegetable oil (to grease baking pan)
 - Use 1% milk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.
1. Preheat oven to 350° F.
 2. Mix together cornmeal, flour, sugar, and baking powder.
 3. In another bowl, combine buttermilk and egg. Beat lightly.
 4. Slowly add buttermilk and egg mixture to the dry ingredients.
 5. Add margarine and mix by hand or with a mixer for 1 minute.
 6. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool.
 7. Cut into 10 squares.

Nutritional Analysis Per Serving:

Calories	178
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	94 mg

From: National Heart, Lung and Blood Institute